

HYGIENE**Caregivers and children wash hands using soap, warm running water, and sanitary hand drying methods** [19 CSR 30-61.185 (60)(A) and (6)]

- Soap and paper towels shall be furnished at the hand sinks
- Kitchen wiping cloths shall not be used to dry hands
- Hand sinks must always be provided with hot water

Reason

Proper hand washing techniques help prevent disease. Germs are not killed by hand washing. The germs are flushed away. While the soap lifts the germs from hands, the warm water flushes them away. Scrubbing for 15 to 20 seconds is effective. Scrub between fingers and over back of the hands and wrists. The more soap you use the better, and the longer you scrub, the better. Turn the water off using a paper towel. Using cloth towels more than once for hand drying, will re-contaminate hands. Paper towels help to prevent the hands from becoming contaminated after the hands are washed.

Correction Time Frame

Soap, running water, and paper towels should be on hand at all times. Correction should be made at time of inspection. Repairing water heaters or water lines to hand sinks, must be done within thirty (30) days, of the date observed.

Caregivers and children wash hands after toileting, diapering, assisting with toileting, nose blowing; before preparing food; after handling raw food, glove use, cleaning and sanitizing, outdoor play, handling animals, smoking and as necessary. [19 CSR 30-61.185 (6) (A) and (B)]

- The caregiver must wash hands whenever there is a change of activity
- Allow 15 to 20 seconds for proper hand washing
- The children must be taught to wash their hands properly and when to wash their hands
- The caregiver and children need to turn off the faucets with a paper towel
- If the caregiver uses plastic gloves during diapering, they must discard the used gloves after each child is diapered and wash their hands
- After being diapered, the child's hands must be cleaned
- Disinfectant gels may not be used in place of hand washing except during outdoor play and on field trips.
- The caregiver must wash their hands after each diapering.

Reason

Frequent and proper hand washing prevents the spread of disease. If the caregiver does not wash their hands properly after diapering, diseases such as Shigella, and Hepatitis A may be passed through food and drink.

Note: Young children often do not show the symptoms of disease but could still pass the disease through their (stool) feces without anyone knowing. Raw foods are often contaminated with disease causing germs. If the caregiver does not wash the hands after handling these foods, the germs could be passed to cooked foods.

Correction Time Frame

Proper hand washing shall be done at all times. Follow-up trips to the facility can be conducted at the discretion of the inspector.

An empty sink available in kitchen to wash hands during food preparation

[19 CSR 30-61.185 (6)(A) and (B)]

- During food preparation, the caregiver must leave a sink completely free to wash hands
- The sink shall be equipped with soap, warm running water and paper towels
- Before using the sink for dishwashing, the provider must clean the sink using hot water and dish detergent

Reason

During food preparation, it is essential that the caregiver have a sink to wash the hands without having to leave the kitchen. If the caregiver cannot wash her hands at the time she needs to, then she could possibly contaminate the food she is preparing. If the sink is not washed before washing dishes, then possible contamination to the dishware could occur.

Correction Time Frame

If two sinks are available in the kitchen, complying with this requirement is a matter of process and can be corrected at the time of inspection. If an existing facility does not have two sinks located in the kitchen, a period of no more than 1 year is allowed for the second sink to be installed after notification.

Hand sink with warm running water accessible at all times to wash hands after using the bathroom and diapering. [19 CSR 30-61.185 (6) (A) and (B)]

- The caregiver may not use the sinks in the kitchen to wash their hands after using the bathroom and diapering
- The hand sink must always be supplied with soap, warm running water and paper towels
- Children must have a hand sink accessible to them after going to the bathroom

Reason

In order to prevent contamination of food and children's items, a hand sink must be accessible and convenient after the caregiver and the children have gone to the bathroom or after diapering has occurred.

Correction Time Frames

Repairs to bathroom hand washing sinks and installation of sinks must be completed within thirty (30) days of the date observed. A new facility must have a sink installed before being licensed.

Personnel preparing food shall be free of infection. [19 CSR 30-61.125 (1)(J)]

- Caregivers with diarrheal illnesses shall not prepare or serve food for the children
- Caregivers with areas of infection on the hands shall wear protective gloves or be prohibited from preparing and serving food

Reason

Germs such as E.Coli naturally occur in the stomach and bowels of humans. If passed through the stool (feces) to food, illness can occur. Other types of germs are present in open wounds and cuts and can be passed to the food causing illness. Employees with mild colds may prepare food if strict hand washing and sanitation practices are done.

Correction Time Frames

Any ill employee should not be allowed to prepare food at any time. The employee should be given duties that will eliminate the possibility of food being contaminated or should be sent home. Since caregivers also have close contact with children it is recommended that they not come in contact with children when ill.